



Cough, Sniffle, Sneeze No Antibiotics Please

Illness	Do you need antibiotics?
Cold	No
Flu (influenza)	No
Bronchitis/Chest cold	No
Green/yellow runny nose	No
Sore throat	No
Sinus infection	Sometimes
Middle ear infection	Sometimes
Strep throat	Yes



Facts About Antibiotics

- ☐ Antibiotics don't work for viruses that cause cold, flu and bronchitis.
- ☐ Overuse of antibiotics creates resistant bacteria.
- ☐ Infections caused by resistant bacteria are hard to treat and can be serious.

What You Can Do

- ☐ Rest
- ☐ Drink plenty of fluids
- ☐ Take acetaminophen or ibuprofen for fever/pain
- ☐ Use a vaporizer or saline nose drops
- ☐ See your doctor if you don't get better in 10-14 days
- ☐ Let your health care provider decide if you need an antibiotic.

Get Smart Virginia
Know When Antibiotics Work

For more information visit, www.cdc.gov/getsmart or call 1-888-246-2675